

Fruit Soup

Makes: 50 or 100 Servings

	50 Servings		100 Servings	
Ingredients	Weight	Measure	Weight	Measure
100% Orange juice		1.5 gal		3 gal
Skim milk		2 qt		1 gal
Yogurt, non-fat plain		6 1/2 qt		13 qt
Lemon juice		1 cup		1 pint
Honey		2 cup		1 qt
Cinnamon		2 tsp		1 1/4 Tbsp
Nutmeg		2 tsp		1 1/4 Tbsp
Blueberries, IQF frozen Any fresh or frozen (thawed) fruit or canned fruit, sliced and seeded (apples, blackberries, strawberrie		3 qts		1 1/2 gal

Nutrition Information

Nutrients **Amount**

Calories **228**

Total Fat **2 g**

Saturated Fat 1 g

Cholesterol 6 mg

Sodium **100 mg**

Total Carbohydrate **46 g**

Dietary Fiber 1 g

Total Sugars N/A

Added Sugars included N/A

Protein **9 g**

Vitamin D N/A

Calcium 267 mg

Iron 0 mg

Potassium N/A

N/A - data is not available

Meal Components

Fruits 1/2 cup
Vegetables 1/2 cup
Meat / Meat Alternate 1/2 ounce

Directions

1. Place all ingredients into food processor and blend until creamy and smooth. Serve 1 cup soup per person.
2. Serve well chilled.

Source: Produce for Better Health Foundation